CE108MDF

Microwave Oven

Owner's Instructions & Cooking Guide

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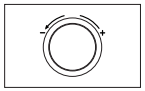
"QUICK" LOOK-UP GUIDE

I want to cook some food.

1. Place the food in the oven.
Press the **Microwave** button.

2. Press the **Microwave** button until the appropriate power level is displayed.

3. Select the cooking time by turning the **dial knob** as required.



4. Press **Start** button.

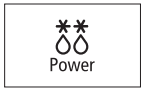
Result: Cooking starts.

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

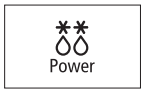
I want to add an extra 30 seconds
Leave the food in the oven.
Press **+30s** button one or more times for each extra 30 seconds that you wish to add.

I want to Power defrost some food

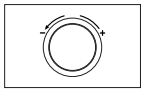
1. Place the frozen food in the oven.
Press the **Power Defrost** button.



2. Select the food category by pressing the **Power Defrost** button, until the desired food category is selected.



3. Select the weight by turning the **dial knob** as required.

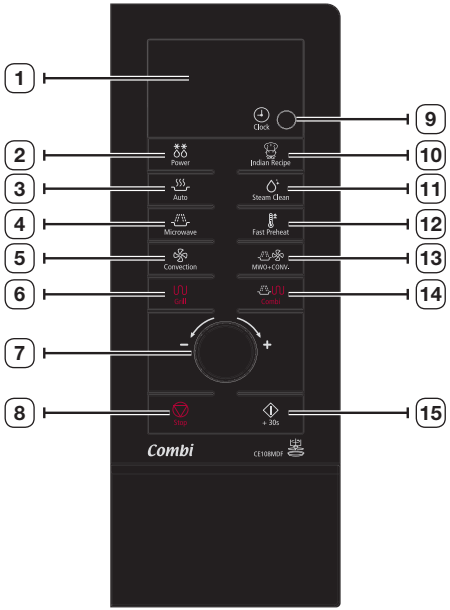


4. Press **Start** button.

Result: Defrosting starts.

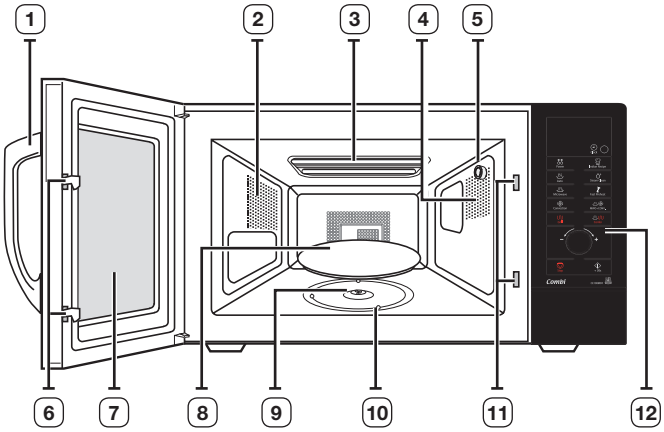
- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

CONTROL PANEL



1. DISPLAY
2. POWER DEFROST FEATURE BUTTON
3. AUTO REHEAT FEATURE BUTTON
4. MICROWAVE BUTTON
5. CONVECTION BUTTON
6. GRILL BUTTON
7. DIAL KNOB (Cook time, Weight and serving size)
8. STOP / CANCEL BUTTON
9. CLOCK SETTING BUTTON
10. INDIAN RECIPE BUTTON
11. STEAM CLEAN BUTTON
12. AUTO FAST PREHEAT SELECTION BUTTON
13. MICROWAVE+CONVECTION BUTTON
14. COMBI BUTTON
15. START / +30S BUTTON

OVEN

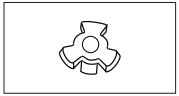


1. DOOR HANDLE
2. VENTILATION HOLES
3. HEATING ELEMENT
4. VENTILATION HOLES
5. WATER BOWL HOLDER
6. DOOR LATCHES
7. DOOR
8. TURNTABLE
9. COUPLER
10. ROLLER RING
11. SAFETY INTERLOCK HOLES
12. CONTROL PANEL

ACCESSORIES

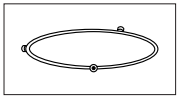
Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

1. **Coupler**, to be placed correctly over the motor shaft in the base of the oven.



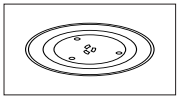
Purpose: The coupler rotates the turntable.

2. **Roller ring**, to be placed in the center of the oven.



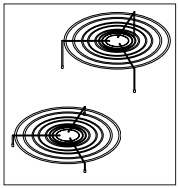
Purpose: The roller ring supports the turntable.

3. **Turntable**, to be placed on the roller ring with the center fitting on to the coupler.



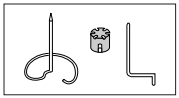
Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.

4. **Metal racks** (High rack, Low rack), to be placed on the turntable.



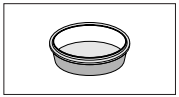
Purpose: The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**

5. **Roasting spit, Coupler Barbecue and Skewer**, to be placed in the glass bowl.



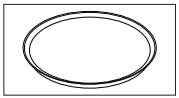
Purpose: The roasting spit is a convenient way of barbecuing a chicken, as the meat does not have to be turned over. It can be used for grill combination cooking.

6. **Glass bowl**, to be placed on the turntable.



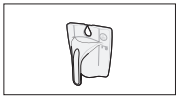
Purpose: Roasting stand is placed on the glass bowl.

7. **Crust plate,** to be placed on the turntable.



Purpose: The crust plate is used to brown bottom of food by using the microwave or grill combination cooking modes and to keep pastry and pizza dough crispy.

8. **Clean water bowl**, to be placed in the right side of the oven.



Purpose: The water bowl can be used to clean**.**

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

IMPORTANT SAFETY INFORMATION

IMPORTANT SAFETY INSTRUCTIONS
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Before using the oven, confirm that the following instructions are followed.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in minor personal injury or property damage.

Warning; Fire hazard	Warning; Hot surface
Warning; Electricity	Warning; Explosive material
Do NOT attempt.	Follow directions explicitly.
Do NOT disassemble.	Unplug the power plug from the wall socket.
Do NOT touch.	Make sure the machine is grounded to prevent electric shock.
Call the service center for help.	Note
Important	

PRECAUTION TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY.

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:
(1) Door (bent)
(2) Door hinges (broken or loose)
(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.
For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

IMPORTANT SAFETY INSTRUCTIONS

Make sure that these safety precautions are obeyed at all times.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the microwave oven.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓
Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object. (Counter top model only)	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Appliances are not intended to be operated by means of an external timer or separate remote-control system.	✓	✓		
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	

Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Children should be supervised to ensure that they do not play with the appliance	✓	✓	✓	✓
The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.	✓	✓	✓	✓
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓
The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet. (Counter top model only)	✓	✓	✓	✓
WARNING: The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.	✓	✓	✓	✓
WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.	✓	✓	✓	✓
This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.	✓	✓	✓	✓
WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.	✓	✓	✓	✓
WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.	✓	✓	✓	✓
WARNING: Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.	✓	✓	✓	

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.	✓		✓	✓
WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.	✓		✓	
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.	✓		✓	✓
WARNING: The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns;			✓	
The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.	✓	✓	✓	✓
This oven should be positioned proper direction and height permitting easy access to cavity and control area.	✓	✓	✓	✓
Before using the your oven first time, oven should be operated with the water during 10 minute and then used.	✓	✓	✓	✓
This microwave oven has to be positioned so that plug is accessible. If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.	✓	✓	✓	✓

during cleaning conditions the surfaces may get hotter than usual and children should be kept away (Cleaning function model only)		✓	✓	
Excess spillage must be removed before cleaning and utensils which state in cleaning manual can be left in the oven during cleaning. (Cleaning function model only)	✓	✓	✓	✓
Appliance should allow to disconnection of the appliance from the supply after installation. The disconnection may be achieved by having the plug accessible or by incorporating a switch in the fixed wiring in accordance with the wiring rules. (Built-in model only.)	✓	✓	✓	✓

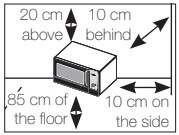
⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;	✓		✓	
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓
Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;	✓		✓	✓
The oven should be cleaned regularly and any food deposits removed;	✓	✓		✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Do not touch heating elements or interior oven walls until the oven has cooled down.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.	✓			✓
Install the oven in compliance with the clearances stated in this manual (see Installing Your Microwave Oven)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

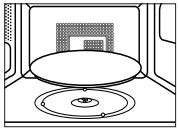
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.
Install the roller ring and turntable.
Check that the turntable rotates freely.



3. This microwave oven has to be positioned so that plug is accessible.

If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent.
For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.

Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven.
Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

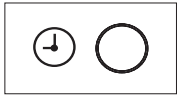
Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

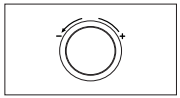
Do not forget to reset the clock when you switch to and from summer and winter time.

1.

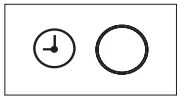
To display the time in the...	**Then press the Clock button...**
24-hour notation	Once
12-hour notation	Twice



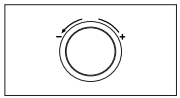
2. Turn the **dial knob** to set the hour.



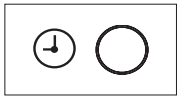
3. Press the **Clock** button.



4. Turn the **dial knob** to set the minute.



5. When the right time is displayed, press the **Clock** button to start the clock.



Result: The time is displayed whenever you are not using the microwave oven.

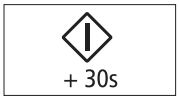
CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled “What to Do if You are in Doubt or Have a Problem” on the page.

The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100% - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the right side of the door. Place a glass of water on the turntable. Close the door.

Press the **Start** (◊) button and set the time to 4 or 5 minutes, by pressing the **Start** (◊) button the appropriate number of times.



Result: The oven heats the water for 4 or 5 minutes.
The water should then be boiling.

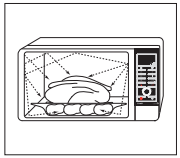
HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.
You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking Principle

1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.



2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.

3. Cooking times vary according to the container used and the properties of the food:

- Quantity and density
- Water content
- Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

Becoming familiar with a new appliance always takes a little time. If you have any of the problems listed below, try the solutions given. They may save you the time and inconvenience of an unnecessary service call.

The following are normal occurrences.

- Condensation inside the oven
- Air flow around the door and outer casing
- Light reflection around the door and outer casing
- Steam escaping from around the door or vents

The food is not cooked at all

- Have you set the timer correctly and pressed the **Start** (⏀) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered.

The food is either overcooked or undercooked

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing)

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

The oven causes interference with radios or televisions

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.
  - Solution: Install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset.
  - Solution: Disconnect the power plug and reconnect it. Reset the time.

"E - 24" message indicates

- The "E - 24" message is automatically activated prior to the microwave oven overheating. Should the "E - 24" message be activated, then depress the "Stop/Cancel" key to utilize the initialization mode.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer serivice centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

COOKING/REHEATING

The following procedure explains how to cook or reheat food.

ALWAYS check your cooking settings before leaving the oven unattended.

Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.

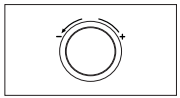
1. Press the **Microwave** (🍲) button.

Result: The following indications are displayed: 🍲 (microwave mode)

2. Select the appropriate power level by pressing the **Microwave** (🍲) button again until the corresponding output power is displayed. Refer to the power level table below for further details.

3. Set the cooking time by turning the **dial knob**.

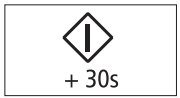
Result: The cooking time is displayed.



4. Press the **Start** (⏀) button.

Result: The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished:

- The oven beep and flash "0" four times. The oven will then beep one time per minute.



If you would like to know the current Power Level of the oven cavity, press **Microwave** (🍲) button once. If you would like to change the power level during cooking, press the **Microwave** (🍲) button twice or more times to select the desired power level.

Quick Start:

If you wish to heat a dish for a short period of time at maximum power (900 W), you can also simply press the **Start** (⏀) button once for each 30 seconds of cooking time. The oven starts immediately.

POWER LEVELS AND TIME VARIATIONS

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power Level	Percentage	Output
HIGH	100 %	900W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level Lower power level	Decreased Increased

STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Open the door. **Result:** Cooking stops. To resume cooking, close the door again and press the **Start** (◊) button.
Completely	Press the **Stop** button. **Result:** Cooking stops. If you wish to cancel the cooking settings, press the **Stop** button again.

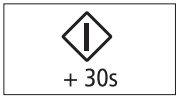
ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the +30s button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door
- Increase the remaining cooking time

To increase the cooking time of your food, press the **Start** (◊) button once for each 30 seconds that you wish to add.

- Example: To add three minutes, press the **Start** (◊) button six times.



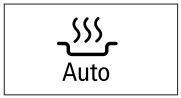
USING THE AUTO REHEAT FEATURE

The four Auto Reheat ( ) features provide four pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the size of the serving by turning the dial knob.

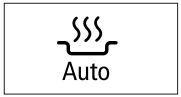
Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

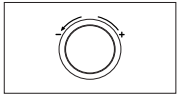
1. Press the **Auto Reheat** ( ) button.



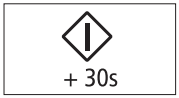
2. Select the type of food that you are cooking by pressing the **Auto Reheat** ( ) button. Refer to the table on the following page for a description of the various preprogrammed settings.



3. Select the size of the serving by turning the **dial knob**.



4. Press the **Start** (⏀) button.



Result: The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

The following table presents the various Auto Reheat & Cook Programmes, quantities, standing times and appropriate recommendations. Programmes no 1 and 2 are running with microwave energy only.
Programmes no 3 and 4 are running with a combination of microwaves and convection.

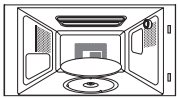
Code	Food	Serving Size	Standing Time	Recommendations
1.	**Drinks** Coffee, milk, tea, water (room temperature)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	1-2 min.	Pour the liquid into ceramic cups and reheat uncovered. Place one cup in the centre, 2 cups opposite to each other and 3 or 4 cups in a circle. Leave them to stand in the microwave oven. Stir drinks before and after standing time. Be careful while taking the cups out (see safety instructions for liquids).
2.	**Ready-Meal** (chilled)	300-350 g 400-450 g 500-550 g	3min.	Put on a ceramic plate and cover with microwave cling film. This programme is suitable for meals consisting of 3 components (e.g. meat with sauce, vegetables and a side dish like potatoes, rice or pasta).
3.	**Soup/ Sauce** (chilled)	200-250 ml 300-350 ml 400-450 ml 500-550 ml 600-650 ml 700-750 ml	2-3 min.	Pour into a deep ceramic soup plate or bowl and cover with plastic lid during heating. Stir the soup, as soon as the oven beeps (oven keeps operating and is stopped, when you open the door). Stir carefully before and after standing time.
4.	**Frozen Pizza**	300-400 g 450-550 g 600-700 g	-	Place one frozen pizza (-18°C) on the low rack, place two frozen pizzas on the low and high rack.

USING THE STEAM CLEANING

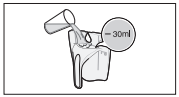
The steam provided by steam clean system will soak the cavity surface. After using steam clean function, you can easily clean the cavity of oven.

- Use this function only after the oven has completely cooled. (Room temperature)
- Use normal water only,and no distilled water.
- It will be more better if you do a deodorization function after using Steam cleaning.
- The water in the oven will be very hot due to the steam cleaning function.

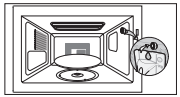
1. Open the Door.



2. Fill with water following guide line inside the water bowl.
(The line is about 30 ml.)

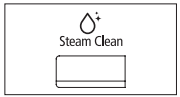


3. Please attach the water bowl in right side of the oven.

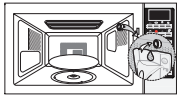


4. Close the door.

5. Press the **Steam clean** (Steam Clean) button.
(Bulb does work during Steam cleaning time.)



6. Open the Door.



7. Please clean cavity of oven with dried dishtowel. Remove the turntable and only under rack with kitchen paper.

⚠ WARNING

- Water Bowl only can be use during "**Steam Clean**" mode.
- When cooking non-liquid items, remove water bowl because It will damage and cause fire to the microwave oven.

USING THE POWER DEFROST FEATURE

The Power Defrost (Power) feature enables you to defrost meat, poultry, fish, bread , cake and fruit. The defrost time and power level are set automatically. You simply select the programme and the weight.

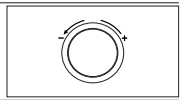
Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

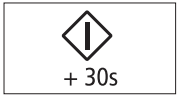
1. Press the **Power Defrost** (Power) button.

2. Select the type of food that you are cooking by pressing the **Power Defrost** (Power) button. Refer to the table on the following page for a description of the various preprogrammed settings.

3. Select the food weight by turning the **dial knob**.



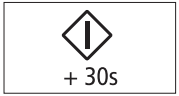
4. Press **Start** (◊) button.



Result:

- Defrosting begins.
- The oven beeps through defrosting to remind you to turn the food over.

5. Press the **Start** (◊) again to finish defrosting.



Result: When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

You can also defrost food manually. To do so, select the microwave function with power level of 180 W. Refer to the section entitled “Defrosting” on page 38 for further details.

The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations. Remove all kind of package material before defrosting. Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread and cake on kitchen paper.

Code	Food	Serving Size	Standing Time	Recommendations
1.	Meat	200-2000 g	20-90 min.	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat.
2.	Poultry	200-2000 g	20-90 min.	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3.	Fish	200-2000 g	20-80 min.	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.
4.	Bread / Cake	125-1000 g	10-60 min.	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door). This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/ crust pastry, fruit and cream cakes as well as for cake with chocolate topping.
5.	Fruit	100-600 g	5-20 min.	Spread fruits evenly into a flat glass dish. This programme is suitable for all kind of fruits.

USING THE INDIAN RECIPE FEATURE

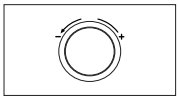
The fifty Indian Recipe features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level. You simply select the programme.

Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Indian Recipe** ( ) button repeatedly to select category.
   - To select “Cafeteria (CA)” : Press button once
   - To select “Tikka series (tS)” : Press button twice
   - To select “Healthy cook (HC)” : Press button three times
   - To select “Indian’s best (Ib)” : Press button four times
   - To select “Nutrition for kids (nu)” : Press button five times

2. Select the menu that you’d like to cook by turning the **dial knob**.
   (Refer to the ‘Indian recipe menu’ table.)



3. Press **Start** ( ) button.
   Result: The food is cooked according to the auto-setting selected.
   - When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

Indian recipe menu

Cafeteria (CA)		Tikka Series (tS)		Healthy Cook (HC)		Indian's Best (Ib)		Nutrition for kids (nu)	
CA-1	Peppy Pizza	**tS-1**	Chicken Malai Tikka	**HC-1**	Vegetable Hariyali	**Ib-1**	Chicken 65	**nu-1**	Vegetable Pasta
CA-2	Baked Veg Bolognese	**tS-2**	Kasoori Paneer Tikka	**HC-2**	Fettucine with Pumpkin	**Ib-2**	Shahi Paneer	**nu-2**	Chocolate Rocks
CA-3	Chili Cheese Potato	**tS-3**	Fish Tikka	**HC-3**	Lemon Chicken	**Ib-3**	Chicken Cofta Curry	**nu-3**	Nutrition Noodles
CA-4	Chocolate Walnut Cake	**tS-4**	Sago Hearts	**HC-4**	Chicken Mix Herbs	**Ib-4**	Gajar ka Halwa	**nu-4**	Chana Chaat
CA-5	Omlette	**tS-5**	Hariyali Kebab	**HC-5**	Fish Sillepe	**Ib-5**	Maharani Dal	**nu-5**	Pasta Salad
CA-6	Malai Khumb	**tS-6**	Shami Kebab	**HC-6**	Garlic Green Fish	**Ib-6**	Amritsari Fish	**nu-6**	Semiya Upma
CA-7	Beans Square	**tS-7**	Tangri Kebab	**HC-7**	Pineapple Stir Fry Salad	**Ib-7**	Goan Fish Curry	**nu-7**	Burger
CA-8	Almond Drop Chocolates	**tS-8**	Seekh Kebab	**HC-8**	Dry Lentils	**Ib-8**	Stuffed Egg plants	**nu-8**	Veggie Mayo Rolls
CA-9	Oat Fudge Fingers	**tS-9**	Tofu Tikka	**HC-9**	Bow with Walnut Sauce	**Ib-9**	Stuffed Tomatoes	**nu-9**	Cheesy corn & Spinach Pizza
CA-0	Basket Dhokla	**tS-0**	Dahi Kebab	**HC-0**	Exotic Tomatoes	**Ib-0**	Chicken Biryani	**nu-0**	Cheese & Broccoli Tikki

The following table presents the various Indian Recipe Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving Size	Ingredients	Recommendations
Cafeteria (CA)				
CA-1.	Peppy Pizza	400-500 g	Pizza Base - 1, Butter - 1 tsp, Tomato Ketchup - 1 tbsp, Cheese - ½ cup (grated), Salt to taste, Pizza sauce-1 tbsp, Oregano for seasoning, Chilli flakes - ½ tsp, Black pepper - ¼ tsp, Baby Corns - 3 to 4, Onion - 1 (sliced), Tomato - 1 (deseeded & sliced), Mushrooms - 2 to 3	Spread butter at pizza base evenly than pizza sauce, ketchup & toppings, sprinkle salt and pepper than grate cheese evenly. Cook and serve hot with seasoning.
CA-2.	Baked Veg Bolognese	700-750 g	Penne Pasta - 2 cups, Soya Granules - 60 g (soaked), Capsicum - ¼ cup, Garlic Paste - ½ tsp, Onion - ½ cup (chopped), Celery - 1 tsp (chopped), Tomato Puree - 5 tbsp, Parsley - 1 tsp, Cheddar Cheese - 100 g, White Sauce - 1 cup, Black pepper - ½ tsp, Salt to taste White Sauce: 2 ½ tbsp Butter (softened), 2 ½ Regular Flour, 2 ½ cup milk, salt, black pepper and nutmeg grated	Mix all the ingredients with boiled pasta and cook on combination (grill + Micro) and serve hot. Note : cover with clear foil and make holes to release steam.
CA-3.	Chili Cheese Potato	600-700g	Boiled Potato - 4 (for shell), Cream Cheese - 2 Cubes (grated), Mozzarella - 2 tbsp (grated), Chili Flakes - ½ tsp, Black Pepper - ½ tsp, Oregano - ½ tsp, Pure Olive Oil - 1 tbsp	Cut the boiled potatoes into to equal portions vertically. Scoop out the potatoes to make shells. In a small bowl add pure olive oil, chili flakes, salt, oregano mix well. Coat the potatoes with mixture and fill potatoes with grated cream & mozzarella cheese, sprinkle black pepper and cook on convection mode.
CA-4.	Chocolate Walnut Cake	500 g	Regular Flour (Maida) - 100 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Cocoa Powder - ¼ Cup, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Walnut - 2 tbsp	Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well, transfer to big, greased deep dish of 9" inch diameter. After cook let it cool. Let it stand for 3-4 minutes.
CA-5.	Omlette	100-150 g	Egg - 2, Chopped Onion - ½ tbsp, Chopped Capsicum - ½ tbsp, Chopped Mushroom - ½ tbsp, Grated Cream Cheese - ½ tbsp, Salt to taste, Black Pepper powder - ¼ tsp, Oil - 2 tsp	Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the glass dish evenly and spread the mixture evenly. Cook on microwave mode and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
CA-6.	Malai Khumb	300-400 g	Mushrooms - 8 pieces, Boiled Peas - 50 g, Cottage Cheese - 1 tbsp, Hung curd - 2 tbsp, Cheese spread - 1 tbsp, Ginger paste - 1 tsp, Corn Flour - 2 tbsp, Oil - 1 tbsp, Chopped coriander leaves - 2 tbsp, Garam masala - ¼ tsp, Pepper - ¼ tsp, Salt to taste	Hollow the mushrooms from the middle and marinate with hung curd, cheese spread, ginger paste, salt and garam masala for 10 minutes. In a bowl add cottage cheese, boiled peas, salt and black pepper. Stuff the marinated mushrooms with mixture.
CA-7.	Beans Square	350-400 g	Cream Cracker Biscuits - 8, Grated cheese -½ cup, Canned Kidney Beans - 50 g, Tomato Ketchup - 2 tbsp, Red chili powder - ¼ tsp, Green Chillies - 2, Oregano - ½ tsp, Roasted Peanuts for garnishing, Fresh Cream - 2 tbsp (chilled), Hung curd - ½ cup, Lemon - 1 tsp, Salt to taste, White pepper - ¼ tsp	In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chilies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook on microwave mode. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper. Garnish the biscuits with sour cream and a peanut at the top.
CA-8.	Almond drop Chocolates	100 -120 g	Dark Chocolate - 50 g, Milk Compound - 50 g, Almonds - whole (Gurbandi Amonds, comparatively small almond)	In a glass bowl put both the chocolate compounds. After cook dip the almond in melted chocolate and put them on a greased tray and freeze for 8 minutes. And serve.
CA-9.	Oat Fudge Fingers	200 g	Oats - ¾ cup, Sesame seeds - ¼ cup, Brown Sugar - ¾ cup, Raisins - 2 tbsp, Coconut Powder - ¾ cup, White Butter - ½ cup	Mix all the ingredients, Make a glass dish or cake tin ready with greased silver foil. Pour the mixture and set it, press it gently with a spoon. Cool it till comes to room temperature than refrigerate for 1 hour than cut it into rectangular shape into 2” pieces.
CA-0.	Basket Dhokla	100 g	Gram flour - 6 tbsp, Suji(semolina) - 1 ½ tbsp, Powdered Sugar - ¼ tsp, Salt to taste, Eno - ½ tsp, Mustered Seeds - ¼ tsp	Cut Capsicum in to basket shape and keep aside. Mix all the ingredients except eno and mustered seeds. Just before pouring the batter into capsicum. Add eno. Set the batter into capsicum and sprinkle mustered seeds. Cook on micro wave mode.
Tikka Series (tS)				
tS-1.	Chicken Malai Tikka	550-600 g	Boneless Chicken -500 g, Lemon juice - 2 tsp, Salt to taste, Yogurt - 3 tbsp, Butter - 50 g, Double cream - 2 tbsp, Garlic Paste - 1 ½ tbsp, Green cardamoms seeds - 3 to 4, Ground cumin - 1 tsp, Freshly grated nutmeg- 1/2 tsp, Green finger chillies chopped - 3 to 4, Oil - 2 tbsp, Cheddar cheese - 3 tbsp	Sprinkle lemon juice and salt over the chicken pieces, cover and set aside. Mix the yogurt, half the butter, the cream, Ginger Garlic, cardamoms, cumin, nutmeg, chillies, the oil, and cheese and blend into a smooth paste. Pour over the chicken, making sure it is all well coated, and marinate the meat for 1 hour, covered, in the refrigerator. Skewer the chicken.

Code	Food	Serving Size	Ingredients	Recommendations
tS-2.	**Kasoori Paneer Tikka**	300-350 g	Cottage cheese (paneer) - 250 g, Green chillies - 3, Ginger peeled - 1/2 inch piece, Garlic peeled - 5 cloves, Hung yogurt - 3/4 cup, Green chutney - 2 tbsp, Turmeric powder - 1/4 tsp, Carom seeds (ajwain) - 1/2 tsp, Garam masala powder - 1 tsp, Chaat masala - 1 tsp, Kasoori methi powder - 2 tbsp, Roasted chana dal powder -2 tbsp, Fresh cream - 1/4 cup, Salt to taste, Mustard oil - 2 tbsp, Lemon juice - 2 tbsp, Oil - 2 tbsp	Cut paneer into one and a half inch sized pieces. Deseed and cut green capsicums into one and a half inch sized pieces. Grind green chillies, ginger and garlic into a fine paste. Take hung yogurt in a bowl. Add green chutney, green chilli-ginger-garlic paste, turmeric powder, ajwain, garam masala powder, half of the chaat masala, kasoori methi powder, roasted chana dal powder, fresh cream, salt and mix. Add paneer cubes to the marinade and add mustard oil.Skewer the cottage cheese and place on greased crusty plate and put few drops of cooking oil over the tikka . Arrange the tikkas on a plate, sprinkle the remaining chaat masala and lemon juice and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
tS-3.	**Fish Tikka**	550-600 g	Fish pieces of any type - 500 g, Vegetable oil - 3 tbsp, Ajwain (carom seeds) - 1 tbsp, Cream - 45 ml, Cumin seeds powder - 2 tsp, garam masala - 2 tsp, Garlic paste - 1 tbsp, Gram flour (beasn) - 20 g, Lemon juice - 30 ml, Mint or coriander chutney - 5 tbsp, white pepper powder - 1/2 tsp, Onion chopped in circles - 1, Curd / plain yogurt -60 g, Salt to taste, Chili powder to taste	Mix cream garlic paste, ajwain , chili powder, cumin seeds powder, garam masala, lemon juice, salt, mint or coriander chutney, besan flour in yogurt. Add fish pieces to the above mixture and mainate them for about 3 hours. Skewer the fish. After cook, serve fried fish tikka with chopped onions.
tS-4.	**Sago Hearts**	200-250 g	Sabooddana (sago) - 150 g, Boiled Potatoes - 3 medium, Ginger - 1 tsp (chopped), Cumin Seeds - 1 tsp, Red Chilli Powder - ½ tsp, Garam Masala - ½ tsp, Oil - 2 tbsp, Coriander Leaves - 2 tbsp, Salt to taste	In a bowl take, one hour soaked & strained sabooddana and add all the ingredients and mix well. Make small balls and shape them into hearts with the help of a heart shape mould.

Code	Food	Serving Size	Ingredients	Recommendations
tS-5.	Hariyali Kebab (Vegetarian)	100 g	Boiled potato - 1 medium siz, Boiled spinach puree - 2 tsp, Ginger-green chilli paste - 1 tsp, Gram flour (Besan) – 3~4 tsp, Chaat masala - 1 tsp, Turmeric powder - ¼ tsp, Red chilli powder - ½ tsp, Coriander leaves - 2 tsp, Lemon juice - 1 tsp, Salt to taste	Mix potato, spinach puree in a mixing bowl. Add ginger paste, chaat masala, salt, lemon juice, turmeric powder, chilli powder and salt. Add gram flour(Besan) for binding and mix it properly. Make small balls shapes and Stuff cheese. Make small “Kebab” shapes. Grease the crusty plate & place the kebabs on crusty plate and put few drops of oil on them. After cook, sprinkle little chat masala on Kebabs and serve hot with onion rings and green chutney.
tS-6.	Shami kabab	550-600 g	minced chicken - 500 g, Eggs - 2, Chopped Onion (Pyaj) - 1 meduim size, Green Chilly (Hari Mirch) chopped - 5, Bengal Gram (Chana) soaked overnight - 100 g, Garlic (Lasan / Lahsun) - 10 pods, Cumin Seed (Jeera) - 1 tsp, Cardamoms - 4, Cinnamon (Tuj/Dalchini) - 1 “ long piece, Ginger (Adrak) - 1 “ long piece, Pepper corns Kalimirchi) - 6, Red Chillies, Clarified Butter (Ghee)	Grind meat into a fine paste. Take garlic, cumin seeds, cardamoms, cinnamon, ginger, peppercorns, red chillies and soaked gram dal and grind into a fine paste. Mix both the pastes well. Now mix well beaten eggs and prepare uniform dough. Add finely chopped green chillies and onion to dough and mix well. Shape the dough into small round flattened balls or kababs. Place the Kebabs on greased crusty plate and pour few drops of oil over the kebabs and cook. Serve hot with sauce or chutney.
tS-7.	Tangri Kebab	350-400 g	Chicken - 2 large leg pieces, Hung Curd -1/2 cup, Lemon - 1 tbsp, Garam masala powder - 1 tsp, Red chili powder - 1 tsp, Salt to taste, Ginger garlic paste - 1 tbsp, Edible orange color - a few drops, Oil - 2 tbsp	Clean and wash the chicken pieces and make random slits on them. Damp with kitchen towel to remove extra water. Mix all the ingredients except salt together. Rub and wrap chicken pieces in it and keep aside for an hour. Now mix in the salt. Cook the chicken on greased crusty plate and pour few drops of oil over it. Sprinkle lemon juice and chat masala and serve with onion rings
tS-8.	Seekh Kabab	500 g	Chicken Mince(Keema) - 500 g, Garam Masala - 3/4 tsp, Garlic (Lasun) paste - 1 tsp, Ginger (Adrak) Paste - 1 tsp, Cashewnut (Kaju) - 2 tbsp, Thick Cream (Malai) - 2 tsp, Onion (Pyaj) - 2, Carom Seeds / Thyme (Ajwain) - 2 tsp, Dried Mango Powder (Amchoor) - 2 tsp, Rock Salt (Kala Namak) - 2 tbsp, Cumin Seed (Jeera) - 3 tbsp, Dry Ginger (Saunth) - 1 tbsp, Black Pepper (Kali Mirch) - 1 tsp, Nutmeg Powder(Jaiphal) - 1/2 tsp	Wash the keema and put in a strainer and gently press to squeezeout all the water. Mix all the ingredients to the keema and knead well. Keep aside for 1 hour. take a big ball of the keema mixture and hold a skewer carefully press the mince on to a skewer. Repeat with left over mince on all the other skewers. Place the skewers in the greased crusty plate.. When cooked, gently remove the kebabs from the skewers with the help of a napkin. To serve sprinkle some chaat masala and lemon juice on the kababs.

Code	Food	Serving Size	Ingredients	Recommendations
tS-9.	Tofu Tikka	250 g	Tofu - 250 g, Lemon Juice - 2 tbsp, Mix herbs - 2 tsp, Orange Food colour - 1 pinch, Salt to taste, Garlic paste - 1 tsp	Marinate Tofu with all the ingredients for half an hour.
tS-0.	Dahi Kebab	100 g	Yogurt - 100 g, Corn Flour - 3 tbsp, Salt to taste, Green Chili - 2 (chopped), Ginger - 1 tsp, Black pepper - 1 tsp, Oil - 2 tbsp	In a bowl add 2 tbsp corn flour, and all the ingredients, mix well. Make medium sized balls, coat them in the remaining corn flour and give them desired shape and put them on a greased crusty plate. Brush a little oil over the kebabs.

Healthy Cook (HC)

Code	Food	Serving Size	Ingredients	Recommendations
HC-1.	Vegetable Hariyali	300-320g	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower - ¼ cup, Peas - ¼ cup, Baby Corns - ¼ cup, Coriander - ½ cup, Garlic -1 tsp, Green Chilies -1 tsp, Coconut Milk - ½ cup, Milk - 2 tbsp, Butter -1 tsp, Oil - 1 tsp, Lemon Juice - ½ tsp, Salt to taste	In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time
HC-2.	Fettuccine with Pumpkin	250 g	Green Fettuccine - 3 Bunches, Pumpkin - 1 ½ cup chopped, Butter - 2 tbsp, Oregano - 1 tsp, Milk - ½ cup, Cream - 1 tbsp, Onion - half (sliced), Pepper - ½ tsp, Nutmeg - ½ tsp (grated), Parsley - 1 tsp, Red chili flakes - ¼ tsp, Salt to taste	In a bowl add boiled fettuccine and pumpkin puree with all the ingredients and cook and sprinkle grated nutmeg.
HC-3.	Lemon Chicken	210 g	Boneless chicken - 200g (cubes), Roasted Coriander seeds crushed - 2 tbsp, Chili Flakes - 1 tbsp, Oil - 2 tsp, Lemon Juice - 5 tbsp, Onion - 1 (rings), Salt to taste	Mix all and cook and garnish with fresh mint leaves.
HC-4.	Chicken Mix Herbs	200 g	Boneless chicken - 200 g, Mix Herbs - 1 tbsp, Lemon - 1 tsp, Salt to taste, Black pepper crushed - 1 tsp, Oil - 1 tsp	Mix all and cook and garnish with fresh mint leaves.
HC-5.	Fish Sillepe	150 g	Fish - 150 g, Butter - 1 tsp, Ginger Garlic Paste - 1tsp, Coriander Powder - 2 tsp, Dried Mango Powder - 1 tsp, Salt to taste, Garam Masala - ½ tsp, Cumin Powder - 1 tsp	Marinate fish with all the above mentioned ingredients for 15 minutes. In a Glass dish cook and serve hot.
HC-6.	Garlic Green Fish	500 g	Fish - ½ kg, Ginger - ½ inch long, Garlic - 8 to 10 cloves, Green Chilies - 2 to 3, Coriander - 1 ½ cup, Onion - 1 (big), Turmeric - 1 tsp, Dried mango powder - 1 tsp, Cumin powder - 1 tsp, Coriander powder - 1 tsp, Oil - 1 tbsp	Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbsp oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
HC-7.	Pineapple Stir Fry Salad	500-550 g	Canned Pineapple - ½ Cup (Diced), Fresh Pineapple Juice - ½ Cup (Blanched & Diced), Carrot - ½ Cup (Blanched & Diced), Zucchini - ½ Cup (Blanched & Diced), Baby Corns - ½ Cup (Blanched & Diced), Beans Sprouts - ½ Cup (Blanched & Diced), Cabbage - ½ Cup (shredded), Red & Yellow Bell Pepper - ½ Cup (diced), Spring Onion-(white part) - ½ Cup (sliced), Spring Onion (Green part) - ½ Cup (chopped), Oil - 2 tbsp, Soya Sauce - 2 tsp, Red chili flakes - 1 tsp, Powdered Sugar - 1 tsp, Salt to taste	Mix all and cook
HC-8.	Dry Lentils	500 g	Urad Dhuli - ¼ Cup, Water - ¾ Cup (150 ml), Ginger Paste - ½ tsp, Oil - ½ tbsp, Salt to taste, Turmeric - ¼ tsp, Red Chili Powder - ¼ tsp, Dry Mango Powder - ¼ tsp, Coriander powder - ¼ tsp, Green Chili -1 slit, Fresh coriander to garnish	Put all the ingredients in microwave safe glass bowl cover with clear foil and make small hole to release steam. Cook and leave for 3 minutes standing time and serve hot.
HC-9.	Bow with Walnut Sauce	400-450g	Bow Pasta - 1 ½ cup (boiled), Walnut - ¼ cup, Butter - 2 tbsp, Basil - ½ cup, Onion - 1 chopped, Tomato - 1, Thin Cream - ¼ cup, Cheddar Cheese - 4 tbsp (grated), Milk - ¼ cup, Pepper - ¼ tsp, Salt to taste	Grind the walnuts with a little water, in to a smooth paste. Mix all the ingredients in a dish and cook and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
HC-0.	Exotic Tomatoes	400 g	Tomatoes - 4 (big), Cottage Cheese - 1 cup (grated), Boiled Peas - ¼ cup, Golden corns - ¼ cup (blanched), Coriander Leaves - 1 tbsp, Mix herbs - ¼ tsp, Salt to taste	Cut the tomatoes in to two equal halves horizontally and keep aside. In a bowl add grated cottage cheese and all the ingredients and mix well. Stuff the tomatoes with the mixture and cook in a glass dish and serve hot and garnish with fresh mint leaves.
Indian's Best (Ib)				
Ib-1.	Chcken 65	250 g	Boneless Chicken - 250 g, Salt to taste, Ginger Garlic Paste - 1tsp, Orange food colour - 1 pinch, Fried Onion - 1 cup(chopped), Chicken Masala - 1 tbsp, Coriander powder - 1 tsp, Coriander leaves - 1 tbsp, Cheese - ½ cup(grated)	Grind fried onion, ginger garlic paste, coriander powder, Chicken masala, in to fine paste. In a bowl mix all the ingredients with chicken and onion paste. Cook on microwave mode and garnish with coriander leaves.
Ib-2.	Shahi Paneer	700-750 g	Cottage Cheese - 100 g, Tomato Puree - 2 tbsp, Pure Ghee - 1 ½ tbsp, Garam Masala -½ tsp, Green Cardamom Powder - ¼ tsp, Cumin Seeds - ½ tsp, Salt to taste, Tomato ketchup - 2 tbsp, Fresh Cream - 1 tsp, Dry Fenugreek leaves - ¼ tsp, Water - 6 tbsp	Cut cottage cheese in 1 inch cubes and add all the ingredients mix well. Cook and serve hot with assorted Indian bread.

Code	Food	Serving Size	Ingredients	Recommendations
lb-3.	**Chicken Cofta Curry**	400-450 g	Minced Chicken - 400 g, Ginger Chopped -½ inch chopped, Fresh Coriander - ½ cup, Salt to taste, Fried onion paste - 2 tbsp, Ginger Garlic paste - 1 tsp, Oil - 3 tsp, Red chili powder - 1 ½ tsp, Coriander powder - 1 ½ tsp, Turmeric - ¼ tsp, Cashew Nut Paste - 2 tbsp, Water - ½ cup	In a bowl add minced chicken, chopped ginger, fresh coriander, salt and make small balls of the mixture. In another bowl add fried onion paste, ginger garlic paste, 1 tsp oil and chicken balls than marinate for 20 minutes. In a microwave safe glass bowl add tomato puree, red chilli powder, coriander powder, turmeric, cashew nut paste, salt, oil, water and marinated chicken balls and cook on microwave mode and garnish with coriander leaves. Note : Cover with clear foil and make holes to release steam.
lb-4.	**Gajar ka Halwa**	500-550 g	Carrot - 500 g, Milk - 1 ½ Cup, Sugar - 80 g, Khoya - 100 g, Desi Ghee - 2 tbsp, Chopped Nuts - 2 tbsp	In a microwave safe glass dish add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream
lb-5.	**Maharani Dal**	100-120 g	Moong dhuli (Yellow lentils) - ½ cup, Water - 1 cup, Ginger Paste - 1 tsp, Oil - 1 tbsp, Salt to taste, Turmeric Powder - ¼ tsp, Red Chili Powder - ¼ tsp, Dry Mango Powder - ½ tsp, Coriander Powder - ½ tsp, Curry Leaves - 3 to 4, Whole Green Chilies, Slit - 1 to 2	In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.
lb-6.	**Amritsari Fish**	600-650 g	Fish - 500 g, Curd - 2 tbsp, Coriander Powder - 2 tsp, Ginger Garlic Paste - 2 tsp, Dried Mango Powder - 2 tsp, Cumin Powder - 2 tsp, Red Chilli Powder - 2 tsp, Chicken Colour - 1 pinch, Onion - ½ cup(chopped), Tomato - 1/2 cup chopped, Oil - 1 tbsp, Water - 4 to 5 tbsp, Salt to taste	Marinate fish with curd, Ginger Garlic paste, Red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.
lb-7.	**Goan Fish Curry**	600-650 g	Pomfret - ½ kg, Cumin Seeds - 1 tbsp, Coriander Seeds - 1 tbsp, Coconut scraped - ½ cup, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Tamarind - lemon sized ball, Oil - 4 tbsp, Fried Onion - 2 medium, Tomato Puree - 4 tbsp, Red Chilies - 3 to 4, Green Chilies - 3 to 4, Salt to taste, Water - 200ml	Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chilies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients. Add salt to taste and ½ cup water. Cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice.
lb-8.	**Stuffed Egg plants**	250 g	Eggplants - 250 g, Dried Mango Powder - ½ tsp, Onion - 1(paste), Tomato - 2 (pureed & strained), Coriander Powder - 1 tsp, Green Chillies - 2 (small), Chaat Masala - 1 tsp, Oil - 1 tsp, Salt to taste	Slit the Eggplants in four equal portions and keep aside. In a bowl add pureed tomatoes and other ingredients. Stuff the eggplants with the mixture. Grease the dish and place the eggplants and cover it with clear foil, make 2 to3 small holes to release steam. Garnish with coriander leaves and serve hot.

Code	Food	Serving Size	Ingredients	Recommendations
lb-9.	**Stuffed Tomatoes**	400-450 g	Tomatoes - 4, Cottage Cheese - ½ cup (grated), Onion - ¼ cup (chopped), Capsicum - ¼ cup (chopped), Boiled Peas - ¼ cup, Tomato ketchup - 1 tbsp, Chili sauce - 1 tbsp, Garam masala - ¼ tsp, Cheese -50g, Dried Mango Powder - ½ tsp, Salt to taste	Cut the tomatoes in to two halves and keep aside. In a bowl add all the ingredients except cheese and mix well. Stuff the tomatoes with cottage cheese mixture and grate cheese over it. Place the tomatoes in a glass dish and cook
lb-0.	**Chicken Biryani**	700-750 g	Boneless Chicken - 250 g, Rice - 250 g, Fried Onion - 2, Tomato Puree - 4 tbsp, Garlic Paste - 1 tsp, Ginger Paste - 1 tsp, Red Chili Powder - 1 tsp, Black Pepper Powder - 1 tsp, Turmeric - ½ tsp, Cloves - 3 to 4, Bay Leaves - 2 to 3, Cardamom - 1, Green Cardamom - 2, Black Pepper - 4 to 5, Cinnamon Stick - ½, Oil - 4 tbsp, Coriander to garnish, Water - 500 ml	Mix all the ingredients in rice container, stir well and cook. Serve hot with vegetable raita or gravy.

Nutrition for kids (nu)

nu-1.	**Vegetable Pasta**	550-600 g	Butter - 2 tsp, Chopped Garlic - 2 tsp, Chopped onions - 1/4 cup, Chopped capsicum - 1/4 cup, broccoli florets - 1/4 cup, Carrot Julian - 1/4 cup, Chopped Tomatoes - 1/2 cup, Penne Pasta - 2 cups, milk - 3/4 cup, Mozzarella cheese - 3 tbsp, salt - to taste, black pepper - 1/2 tsp	In a glass bowl add all the ingredients except salt. Cook and add salt after removing from the microwave oven.
nu-2.	**Chocolate Rocks**	200-250 g	Roasted Oats - ¼ cup, Cornflakes - 1/4 cup, Mixed Nuts - 2 tbsp, Wheat bran - 1 tsp, Raisins - 2 tsp, Castor Sugar - 2 tsp, Milk Chocolate - 1/4 cup, Dark chocolate - 2 tbsp	Mix all in a glass bowl and cook. After cook and set in flat dish. Make small rock shapes and refrigerate for 5 minutes and serve.
nu-3.	**Nutrition Noodles**	500-550 g	Boiled Rice Noodles – 200 g, Oil - 1 tbsp, Garlic paste - 2 tsp, Chopped Spring Onions - 1/4 cup, French Beans - ¼ cup, Carrot Julian - ¼ cup, Sliced Mushrooms - ¼ cup, Blanched Bean Sprouts - ¼ cup, Roasted Peanuts - ¼ cup, Soya Sauce - 2 tsp, Sugar -1 tsp, Lemon Juice - 1 tbsp, Salt - to taste, Black Pepper - to taste	Mix all in a glass bowl except lemon juice. Cook and add lemon juice to serve.
nu-4.	**Chana Chaat**	400-450 g	Butter - 1 tbsp, Cumin Seeds - 1/2 tsp, Boiled Kabuli Chana - 1 cup, Boiled Potato - 1 cup, Cottage Cheese - ½ cup, Chopped tomatoes - ½ cup, Mint and Coriander sweet n sour chutney - ¼ cup, Salt - to taste, Lemon Juice - ½ tsp, Chopped Coriander - 2 tbsp	Mix all in a glass bowl and except lemon juice and fresh coriander. Cook and add lemon juice and coriander before serving
nu-5.	**Pasta Salad**	250-300 g	Boiled Bow Pasta - ½ cup, Broccoli - ¼ cup, Chopped Pineapple - ¼ cup, Chopped black grapes - ¼ cup, Shredded Cabbage - 2 tbsp, Corns - 2 tbsp, Carrot Julian - 2 tbsp, Almonds - 2 tbsp, Salt and pepper - to taste	Add all the ingredients except, Pineapple and grapes. Cook and add pineapple and grapes and serve.

Code	Food	Serving Size	Ingredients	Recommendations
nu-6.	Semiya Upma	200-250 g	Roasted Semiya - 1 cup, Roasted Peanuts - 1/2 cup, Oil - 1 tbsp, Mustard Seeds - ½ tsp, Curry Leaves - 4 to 5, Fresh scraped coconut - ¼ cup, Salt & Pepper - to taste	Add everything in a glass bowl and cook. Serve hot with coconut chutney.
nu-7.	Burger	4 pieces	Cracked Wheat (Daliya) - 1/3 cup (soaked), Carrots - 2 tbsp, French Beans - 2 tbsp, Sweet Corns - 2tbsp, Boiled Potatoes - 2, Bread Slices - 1, Green Chillies - ½ tsp (optional), Pepper - ¼ tsp, Coriander leaves - 1 tbsp, Oil - for greasing, Lettuce - 4 leaves, Onion rings - 1, Tomato rings - 1, Cucumber rings - 1, Butter & Ketchup - 2 tbsp, salt - to taste. Buns - 4, cheese slices - 4	Soak daliya in water for 1 hour and keep aside. In a bowl add daliya, carrot, French beans, sweet corns, potatoes, bread slices, green chillies, pepper, coriander & salt. Mash everything with the help of a folk and make tikkis. Grease the crusty plate and place the tikkis over it, brush the tikkis with remaining oil and cook on the high rack. Slit the buns from middle, spread the butter on lower portion than place 1 onion ring, cheese slice, tikki, tomato and cucumber spread ketchup on the upper bun from inside and place it over the and serve hot.
nu-8.	Veggie Mayo Rolls	4 pieces	Hot Dog rolls - 4, Boiled Mix Veg - ½ cup (beans, carrots, peas, potatoes, cauliflower, Sweet Corns), Celery - 2 tbsp, Walnuts - 1 ½ tbsp, Mayonnaise - ½ cup, Salt & Pepper - to taste	In a bowl add mix vegetable, walnuts, mayonnaise, salt & Pepper. Slit the hot dog rolls from the middle, place the chopped celery in between, than spread the mixture over the celery, bake on the low rack.

Code	Food	Serving Size	Ingredients	Recommendations
nu-9.	Cheesy corn & Spinach Pizza	6 pieces	Wheat Flour - ½ cup, Sweet Corns - ¼ cup, Spinach - ¼ cup, Wheat germ - 2 tbsp, Pizza Sauce - 2 tbsp, oregano - ½ tsp, Salt to taste, Butter for greasing, Cheese - 2 tbsp.	In a bowl add everything except, Pizza sauce, Oregano and Butter. Knead a smooth dough and keep aside for 20 minutes. Make small pizza, bases spread butter and pizza sauce and grate cheese over it. Place the pizza on greased crusty plate and place it over the low rack and bake. Serve hot and sprinkle oregano over it.
nu-0.	Cheese & Broccoli tikki	2 pieces	Broccoli - ½ cup (sauté), Boiled Potatoes - ½ cup, Onion - ¼ cup, Ginger & Garlic - 1 tsp, Green Chilies - 1 tsp, Mozzarella Cheese - 2 tbsp, Bread Crumbs - ¼ cup, Salt & Pepper - to taste, Olive Oil for greasing	Add everything in a bowl and make tikkis of desired shape. Place the tikkis over greased crusty plate and brush them thoroughly with remaining oil and cook on the high rack. Serve hot.

USING CRUST PLATE

Normally when cooking in microwave oven, using grill or microwave mode in grill/convection ovens, foods like pastries and pizza become soggy from bottom side. Using the Samsung Crust plate helps to gain a crispy cookde result of your food.
The crust plate can also be used for bacon, eggs, sausages, etc.

Before using the crust plate, preheat it by selecting the combination mode for 3 to 5 minutes:

- Combination of convection (220°C) and microwaves (600 W power level) or
- Combination of grill and microwaves (600 W power level)

1. Preheat the crust plate, as described above.
- Use oven gloves at all times as the crust plate will become very hot.

2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.

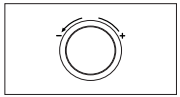
3. Place the food on the crust plate.
- Do not place any recipients on the crust plate that are not heat-resistant (plastic bowls for example).

4. Place the crust plate on the turntable or on the low rack in the microwave oven.
- Never place the crust plate in the oven without the turntable.

5. Press the **Combi** (Combi) button.

6. Select the power level by pressing the **Combi** (Combi) button.

7. Select the cooking time by turning the **dial knob**.

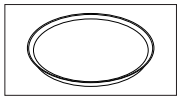


8. Press the **Start / +30s** button.

Result: Cooking starts.
- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

How to clean the crust plate

The best way to clean the crust plate is to wash it with hot water and detergent. Then rinse it off with clean water. Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.



As the crust plate has a Teflon layer, if you use it incorrectly, it can be damaged.
- Never cut the food on the plate. Remove the food from the plate before cutting into slices.
- Turn the food over preferably with a plastic or wooden spatula.

CRUSTY PLATE SETTINGS

We recommend to preheat crusty plate directly on the turntable.
Preheat crusty plate with the 600W + Grill-function for 3-5 Min. and follow the times and instructions in the table.

FOOD	QUANTITY	PREHEAT TIME (MIN)	COOKING MODE	COOKING TIME (MIN)	RECOMMENDATIONS
Bacon	4-6 slices (80 g)	3	600W+Grill	3-4	Preheat crusty plate. Put slices side by side on crust plate. Put crust plate on high rack.
Grilled Tomatoes.	200 g	3	300W +Grill	3½-4½	Preheat crusty plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crust plate and set on high rack.
Omelette	300 g	3-4	450W + Grill	3½-4½	Beat 3 eggs, add 2 tbsp. milk, herbs and spices. Cut one tomato in cubes. Preheat crusty plate, put tomato pieces on plate, add beaten eggs and 50g grated cheese evenly. Set plate on high rack.
Grilled Vegetables	250 g	3-4	450W + Grill	7-8	Preheat crusty plate and brush with 1 tbsp. oil. Put fresh sliced vegetables on plate e.g. pieces of pepper, onions, courgette slices and mushrooms. Set crusty plate on high rack.
Frozen Mini Spring Rolls with topping	250 g	2-3	1st stage: 300W + 200°C 2nd stage: Grill only	1st stage: 6-7 2nd stage: 4-5	Preheat crusty plate. Distribute spring rolls evenly on plate. Put plate on low rack.
Frozen Pizza	300-400 g	4-5	600W + Grill	6-8	Preheat crusty plate. Put the frozen pizza on crusty plate. Put crusty plate on high rack.
Frozen baguettes	250 g	3-4	300W + 200°C	10-12	Preheat crusty plate. Put the two frozen baguettes with topping (e.g. vegetables, ham and cheese). Put crusty plate on low rack.
Chicken Nuggets (frozen)	250 g	4	600W + Grill	6-7	Preheat crusty plate. Brush plate with 1 tbsp. oil. Put chicken nuggets on crusty plate. Put crusty plate on the high rack. Turn over after 4-5 minutes.

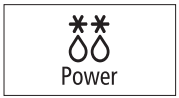
MULTISTAGE COOKING

Your microwave oven can be programmed to cook food in up to three stages (the Convection , Microwave+Convection and Fast Preheat mode can not be used in Multistage cooking). Example: You wish to Power defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 1.8 kg chicken in three stages:

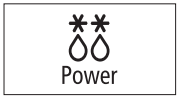
- Defrosting
- Microwave cooking for 30 minutes
- Grill for 15 minutes

Defrosting must be the first stage. Combination and Grill can only be used once during the remaining two stages. However microwave can be used twice (at two different power levels).

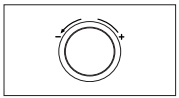
1. Press the **Power Defrost** button.



2. Select the type of food that you are cooking by pressing the **Power Defrost** button.



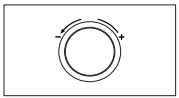
3. Set the weight by turning the **dial knob** the appropriate number of times (1800 g in the example).



4. Press the **Microwave** button.

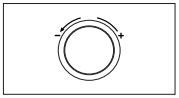
5. Set the microwave power level by pressing the **Microwave** button to select the appropriate Power Level (450 W in the example).

6. Set the cooking time by turning the **dial knob** (30 minutes in the example).

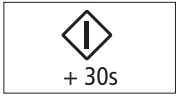


7. Press the **Grill** button.

8. Set the cooking time by turning the **dial knob** (15 minutes in the example).



9. Press **Start** button.



Result: Cooking starts:

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

FAST PREHEATING THE OVEN

For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven. When the oven reaches the requested temperature, it is maintained for approximately 10 minutes; it is then switched off automatically.
Check that the heating element is in the correct position for type of cooking that you require.

1. Press the **Fast Preheat** ( ) button.

Result: The following indications are displayed:
220 °C (temperature)

2. Press the **Fast Preheat** ( ) button one or more times to set the temperature.

3. Press the **Start** ( ) button.

Result: The oven is preheated to the requested temperature.

- The display times are 8 seconds for the selected cooking mode and 2 seconds for the preset temperature in sequence.
  Ex) In fast preheat mode at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes.
- After 10 minutes, the beeps 4 times and the operation stops.

In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** ( ) button.

COOKING BY CONVECTION

The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 220 °C in eight preset levels. The maximum cooking time is 60 minutes.

If you wish to Fast Preheat the oven, see page 26.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and browning, if you use the low rack.

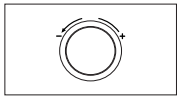
Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

1. Press the **Convection** ( ) button.

Result: The following indications are displayed:
(convection mode)
220 °C (temperature)

2. Press the **Convection** ( ) button once or more times to set the temperature.
(Temperature : 220, 200, 180, 160, 140, 100, 40 °C)

3. Set the cooking time by turning the **dial knob**.



4. Press the **Start** (◊) button.

Result: Cooking starts:

- The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.
  Ex) 30 minutes of cooking time at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** (🌡) button.

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

1. Open the door and place the food on the rack.

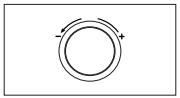
2. Press the **Grill** (⎍) button.

Result: The follwing indications are displayed:
⎍ (grill mode)

- You cannot set the temperature of the grill.

3. Set the grilling time by turning the **dial knob**.

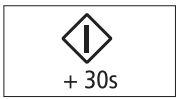
- The maximum grilling time is 60 minutes.



4. Press the **Start** (◊) button.

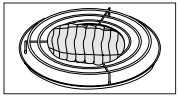
Result: Grilling starts.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.



CHOOSING THE ACCESSORIES

Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.



Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof. Metallic cookware or utensils may damage your oven.

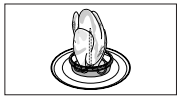
For further details on suitable cookware and utensils, refer to the Cookware Guide on page 32.

SPIT-ROASTING

The roasting spit is useful for barbecue cooking, as you do not need to turn the meat over. It can be used for combined microwave and Convection cooking.

Make sure that the weight of the meat is evenly distributed on the spit and that the spit rotates freely.
Always use oven gloves when touching the recipients in the oven, as they will be very hot.

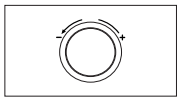
1. Push the roasting spit through the centre of the meat.
Example: Push the spit between the backbone and breast of a chicken.
Place the spit on its stand and place the stand onto the glass bowl and the glass bowl onto the turntable. To help brown the meat, brush it with cooking oil.



2. Press the **Microwave + Convection** (🍲) button.

3. Select the temperature by pressing the **Microwave + Convection** (🍲) button.

4. Set the cooking time by turning the **dial knob**.
- The maximum cooking time is 60 minutes.



5. Set the appropriate power level by pressing the **Microwave + Convection** (🍲) button.

6. Press **Start** (◊) button.

Result: Cooking starts and the spit rotates.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

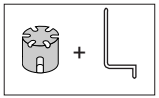
7. When the meat has been fully cooked, carefully remove the spit, using oven gloves to protect your hands.

USING THE VERTICAL MULTI-SPIT

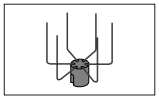
MULTI-SPIT FOR KEBAB

Using the multi-spit with 6 kebab skewers you can easily barbecue meat, poultry, fish, vegetables (like onions, peppers or courgettes) and fruit which have been cut into pieces.

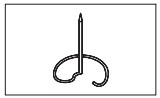
You can prepare the above food with the kebab skewers by using convection or combination mode.



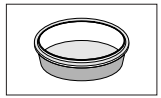
Coupler Barbecue, Skewer



Multi-Spit



Roasting-Spit



Glass Bowl

USE OF THE MULTI-SPIT WITH KEBAB SKEWERS

1. For preparing kebabs with the multi-spit use the 6 skewers.

2. Put the same amount of food on each skewer.

3. Place the roasting-spit into the glass bowl and insert the multi-spit into it.

4. Put the glass bowl with the multi-spit in the centre of the turntable.

Make sure that the grill heating element is in the right position at the back wall of the cavity and not at the top before starting the grilling process.

REMOVING THE MULTI-SPIT FROM THE OVEN AFTER GRILLING.

1. Use oven gloves for taking for glass bowl with the multi-spit out of the oven, because it will be very hot.

2. Remove multi-spit out of the spit stand by using oven gloves as well.

3. Carefully remove the skewers and use a fork for removing the food pieces from the skewers.

The multi-spit is not suitable for cleaning in the dishwasher. Therefore clean it with warm water and washing up liquid by hand. Remove the vertical multi-spit from the oven, after use.

COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

1. Press the **Combi** ( ) button.

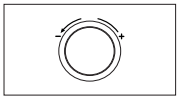
Result: The following indications are displayed:
(microwave & grill combi mode)
600 W (output power)

2. Select the appropriate power level by pressing the **Combi** ( ) button until the corresponding output power is displayed (300-600 W).

- You cannot set the temperature of the grill.

3. Set the cooking time by turning the **dial knob**.

- The maximum cooking time is 60 minutes.



4. Press the **Start** ( ) button.

Result:

- Combination cooking starts.
- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

COMBINING MICROWAVES AND CONVECTION

Combination cooking uses both microwave energy and convection heating. No preheating is required as the microwave energy is immediately available. Many foods can be cooked in combination mode, particularly:

- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
You can get better cooking and browning, if you use the low rack.

Open the door. Place the food on the turntable or on the low rack which should then be place on the turntable. Close the door. The heating element must be in the horizontal position.

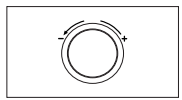
1. Press the **Microwave + Convection** ( ) button.

Result: The following indications are displayed:
(microwave & convection combi mode)
600 W (output power : Switches to the following temperature mode in 2 seconds)
220 °C (temperature)

2. Select the temperature by pressing the **Microwave + Convection** ( ) button.
(Temperature : 220, 200, 180, 160, 140, 100, 40 °C)

3. Set the cooking time by turning the **dial knob**.

- The maximum cooking time is 60 minutes.



4. Set the appropriate power level by pressing the **Microwave + Convection** ( ) button until the corresponding output power is displayed (600, 450, 300, 180, 100 W).

5. Press the **Start** (◊) button.

Result:

- Combination cooking starts.
- The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.
- The display times are 8 seconds for the preset cooking time and 2 seconds for the preset temperature in sequence.
  Ex) 30 minutes of cooking time at 200 °C

(displayed for 8 seconds)

(displayed for 2 seconds)

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

If you would like to know the current temperature of oven cavity, press **Fast Preheat** (🌡) button.

SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be “locked” so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

1. Press the **Grill** (⎍) and **Combi** (⎍) buttons at the same time (about three second).

Result:

- The oven is locked.
- The follow indication is display “**L**”.

2. To unlock the oven, press the **Grill** (⎍) and **Combi** (⎍) buttons again at the same time (about three second).

Result: The oven operates normally.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

1. Press the **Convection** (✲) and **Microwave + Convection** (✲) buttons at the same time (about one second).

Result: The oven does not beep to indicate the end of a function.

2. To switch the beeper back on, press the **Convection** (✲) and **Microwave + Convection** (✲) buttons again at the same time (about one second).

Result: The oven operates normally.

COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-Safe	Comments
Aluminum foil	✓ ✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓ ✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended**
✓✗ **: Use Caution**
✗ **: Unsafe**

COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
Spinach	150 g	600 W	5-6	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Green Beans	300 g	600 W	7½-8½	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed Vegetables (carrots/ peas/corn)	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed Vegetables (Chinese style)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.

Cooking Guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
White Rice (parboiled)	250 g 375 g	900 W	15-16 17½-18½	5	Add 500 ml cold water. Add 750 ml cold water.
Brown Rice (parboiled)	250 g 375 g	900 W	20-21 22-23	5	Add 500 ml cold water. Add 750 ml cold water.
Mixed Rice (rice + wild rice)	250 g	900 W	16-17	5	Add 500 ml cold water.
Mixed Corn (rice + grain)	250 g	900 W	17-18	5	Add 400 ml cold water.
Pasta	250 g	900 W	10-11	5	Add 1000 ml hot water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (900 W).

Food	Portion	Time (min.)	Standing Time (min.)	Instructions
Broccoli	250 g 500 g	4½-5 7-8	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels Sprouts	250 g	6-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 7½-8½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg Plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 2½-3	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	5-5½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7-8	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip Cabbage	250 g	5½-6	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering
Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring
Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance.
In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding , stir before, during and after heating. Keep them in the microwave oven during standing time.
We recommend putting a plastic spoon or glass stick into the liquids.
Avoid overheating (and therefore spoiling) the food. It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times
When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

REHEATING BABY FOOD

BABY FOOD:
Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.

BABY MILK:
Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.

REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns.
Use the power levels and times in the next table as a guide lines for reheating.

Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing Time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min. to 1 min. 10 sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing Time (min.)	Instructions
Drinks (coffee, tea and water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	1-1½ 2-2½ 3-3½ 3½-4	1-2	Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 g 350 g 450 g 550 g	900 W	2½-3 3-3½ 3½-4 4½-5	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600 W	4½-5½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (chilled)	350 g	600 W	3½-4½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated Meal (chilled)	350 g 450 g 550 g	600 W	4½-5½ 5½-6½ 6½-7½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.
Cheese Fondue ready-to-serve (chilled)	400 g	600 W	6-7	1-2	Put the ready-to-serve cheese fondue in a suitable sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving.

DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.Check the food occasionally to make sure that it does not feel warm.
If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint: Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing Time (min.)	Instructions
Meat				
Minced	250 g 500 g	6-7 10-12	15-30	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	14-15	15-60	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1200 g	32-34		
Fish				
Fish fillets	200 g	6-7	10-25	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time!
Whole fish	400 g	11-13		
Fruits				
Berries	300 g	6-7	5-10	Spread fruit on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each ca. 50 g)	2 pcs 4 pcs	1-1½ 2½-3	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
Toast/ Sandwich	250 g	4-4½		
German bread (wheat + rye flour)	500 g	7-9		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. They operate while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 4 minutes will make the food brown more quickly.

Cookware for grilling:
Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling:
Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches and all kinds of toast with toppings.

Important remark:
Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

COMBI

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly.Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with Combi
Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for Combi cooking:
Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:
Whenever the combination mode (Combi) is used, the food should be placed on the high rack, unless another instruction is recommended. Otherwise it has to be placed directly on the turntable. Please refer to the instructions in the following chart. The food must be turned over, if it is to be browned on both sides.

Grill Guide for Fresh Food

Preheat the grill with the grill-function for 2-3 minutes.
Use the power levels and times in this table as guide lines for grilling.

Fresh Food	Portion	Power	1. Side Time (min)	2. Side Time (min)	Instructions
Toast Slices	4 pcs (each 25 g)	Grill only	2-3	1-2	Put toast slices side by side on the high rack.
Grilled Tomatoes	400 g (2 pcs)	300 W + Grill	5-6	-	Cut tomatoes into halves. Put some cheese on top. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.
Tomato-Cheese Toast	4 pcs (300 g)	300 W + Grill	4-5	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Toast Hawaii (ham, pineapple, cheese slices)	4 pcs (500 g)	300 W + Grill	5-6	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Baked Potatoes	500 g	600 W + Grill	7-8	-	Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.
Gratin Potatoes / vegetables (chilled)	450 g	450 W + Grill	9-11	-	Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.
Baked Apples	2 apples (ca.400 g)	300 W + Grill	7-8	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.
Chicken Pieces	500 g (2 pcs)	300 W + Grill	8-10	6-8	Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.
Steaks (medium)	400 g (2 pcs)	Grill only	10-14	8-12	Brush the steaks with oil. Lay them in a circle on the high rack. After grilling stand for 2-3 minutes.
Roast Fish	400-500 g	300 W + Grill	5-7	5½-6½	Brush skin of whole fish with oil and add herbs and spices. Put two fishes side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.

CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air.
The heating element and the fan position is at the back-wall, so that the hot air is circulating.

Cookware for convection cooking:
All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

Food suitable for convection cooking:
All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

MICROWAVES +CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

Food suitable for microwave + convection cooking:
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

Convection Guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking.

Fresh Food	Portion	Power	1. Side Time (min)	2. Side Time (min)	Instructions
PIZZA Frozen Pizza (ready baked)	300-400 g	450 W + 220 °C	13-15	-	Place the pizza on the high rack. After baking stand for 2-3 minutes
PASTA Frozen Lasagne	400 g	450 W + 220 °C	22-25	-	Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen pasta gratin on the low rack. After cooking stand for 2-3 minutes.
MEAT Roast Lamb (medium)	1200-1300 g	600 W + 180 °C	20-23	10-13	Brush lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15minutes.
Roast Chicken	1000-1100 g	450 W + 220 °C	17-22	13-17	Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.
BREAD Fresh Bread Rolls	6 pcs (350 g)	100 W + 180 °C	8-10	-	Put bread rolls in a circle on the low rack. Stand 2-3 minutes.

Fresh Food	Portion	Power	1. Side Time (min)	2. Side Time (min)	Instructions
Garlic Bread (chilled, prebaked)	200 g (1 pc)	180 W + 220 °C	8-10	-	Put the chilled baguette on baking paper on the low rack.After baking stand for 2-3 minutes.
CAKE Apple Cake (fresh dough)	500 g	Only 180 °C	38-43	-	Put the fresh dough in a small rectangular black metal baking dish (length 25 cm). Put the cake on the low rack. After baking stand for 5-10 minutes.
Mini Muffins (fresh dough)	12 x 30 g (350-400 g)	Only 200 °C	17-23	-	Fill the fresh dough evenly in paper muffin dishes. Put the dishes on the low rack. After baking stand for 5 minutes.
Cookies (fresh dough)	200-250 g	Only 200 °C	15-20	-	Put the chilled croissants on baking paper on the low rack.
Frozen Cake	1000 g	180 W + 180 °C	18-20	-	Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 900 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W.
Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.
Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 900 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 900 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 900 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the of the appliance and possibly result in a hazardous situation.

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

The instructions for cooking ranges, hobs and ovens shall state that a steam cleaner is not to be used.

STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.

The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repairs.

NEVER remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

If you wish to store your oven away temporarily, choose a dry, dust-free place.

- **Reason :** Dust and damp may adversely affect the working parts in the oven.

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Power source	230 V ~ 50 Hz AC
Power consumption	
Maximum power	2700 W
Microwave	1400 W
Grill (heating element)	1250 W
Convection (heating element)	Max. 1850 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x D x H)	
Outside	517 x 460 x 310 mm
Oven cavity	358 x 327 x 231.5 mm
Volume	1.0 Cubic feet
Weight	
Net	28.0 kg approx

NOTE

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NOTE

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
INDIA	3030-8282 1800-110011 1800-3000-8282 1800-266-8282	www.samsung.com

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